

Secondhand Smoke and Children Don't Mix

- ❑ More than 15 million American children and adolescents are exposed to secondhand smoke in their homes every year. ¹
- ❑ If you smoke around your children, they can inhale the equivalent of 102 packs of cigarettes by age five. ²
- ❑ Adolescents who work in nonsmoking environments are 32% less likely to smoke than adolescents who work in smoking environments. ³
- ❑ In Children, secondhand smoke can cause sudden infant death syndrome, low birth weight, chronic middle ear infections, and respiratory illnesses including asthma, bronchitis, and pneumonia. ⁴
- ❑ Exposure to secondhand smoke causes an estimated 1,868 to 2,708 deaths every year in the United States due to sudden infant death syndrome (SIDS). ⁵
- ❑ Secondhand smoke is a risk factor for new cases of asthma in children who have not previously exhibited asthma symptoms. It is estimated that up to 26,000 children each year develop asthma for the first time because of secondhand smoke exposure. ⁶
- ❑ It is estimated that up to one million children have aggravated asthma symptoms due to secondhand smoke exposure. ⁷
- ❑ Because a child's body is still developing, exposure to the poisons in secondhand smoke can hinder lung growth and result in decreased lung function. ⁸
- ❑ Children living with smokers spend more days on activity restriction and also confined to the bed. Further, they also miss more days of school each year than children living in smoke-free homes. ⁹
- ❑ An infant exposed to four hours of indoor secondhand smoke is four times more likely to die from SIDS as a non-exposed child. ¹⁰
- ❑ In the U.S., 15.5 million kids are exposed to secondhand smoke at home. Forty-three percent of U.S. Children ages two months to 11 years live in homes with at least one smoker. ¹¹

¹ Glantz, April 5, 1995 *Journal of American Medicine*, 273, 13: 1047-1053; ² "Occupational Exposure to Environmental Tobacco Smoke," Hammond S.K., G. Sorensen, R. Youngstrom, and J.K. Ockene, *JAMA*, 274, (1995) 956-960; ³ Farkas, Gilpin, White, Pierce, "Association Between Household and Workplace Smoking Restrictions and Adolescent Smoking," *Journal of the American Medical Association*, August 9, 2000; 284:717-722; ⁴ *Morbidity and Mortality Weekly Report* - CDC Dec. 14, 2001, Vol. 50/No. 49; ⁵ American Lung Association Health House Program, *Indoor Air Quality, Secondhand Smoke*, www.healthhouse.org/tipsheets/secondhandsmoke.htm; ⁶ "Health Effects of Exposure to Environmental Tobacco Smoke: US Department of Health and Human Services, National Institutes of Health, National Cancer Institute, NIH Pub. No 99-4645 1999; ⁷ Association of State and Territorial Health Officials, (ASTHO) www.astho.org; ⁸ American Lung Association, 2000: *Secondhand Smoke and Children*, www.lungusa.org/tobacco/secondkids_factsheet.htm; ⁹ CDC, 1997: *Smoking Prevalence and Exposure To Tobacco Smoke Among Children*, www.cdc.gov/od/oc/media/fact/smoketsc.htm; ¹⁰ Texas Department of Health, 1997a: *Secondhand Smoke and Kids*, www.tdh.state.tx.us/otpc/iandb/ibbn12.htm; ¹¹ National Center for Tobacco Free Kids, 2000



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